THREE BEAN SALAD

Rinsing canned beans removes half the sodium!

Just Say Yes
To Fruits & Vegetables

www.foodbankst.org/jsy
THREE BEAN SALAD
SERVES 8  SERVING: 1 CUP

INGREDIENTS:
• 1¾ cups cooked green beans
• 1¾ cups cooked kidney beans
• 1¾ cups cooked chickpeas (garbanzo beans)
• 1 chopped onion
• 3 tablespoons red or white vinegar
• 3 tablespoons vegetable oil
• 3 tablespoons sugar
• 1 minced garlic clove (optional)

DIRECTIONS:
1. Make the salad: Put the beans and onion in a large bowl.
2. Make the dressing: In a small bowl, combine vinegar, oil, sugar, and garlic. Mix well.
3. Pour the dressing over the salad and toss together.
4. Cover and refrigerate.
5. Serve cold and enjoy!
6. Refrigerate leftovers.

For more great recipes visit www.foodbankst.org/jsy

Recipe provided in partnership by the Food Bank’s Just Say Yes to Fruits & Vegetables Program as funded through the USDA’s Supplemental Nutrition Assistance Program – SNAP.